

Heavenly Father, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call, 'Maranatha...Come, Lord Jesus'."

Fr. John Main

A meditation group meets every Tuesday from 6 - 7 pm at St Paul's Church. We are an ecumenical meditation group, coordinated jointly with St James Anglican Church. We welcome people of all faiths.

Each session follows the approach suggested by the World Community for Christian Meditation and its founder, Fr. John Main. The meditation begins with opening prayers, followed by a short tape of some of the teachings. We then sit together in silence for 30 minutes. The session closes with sharing and with prayer.

If you would like more information about the St Paul's meditation group call Kathy at 604-875-1905.

{youtube}twjU0Oq1Fuk{/youtube}

Our group is part of the BC Community for Christian Meditation. Information about groups in other parts of British Columbia is available at: <http://www.meditatio.ca/enindex.html>

If you would like more information on the World Community for Christian Meditation, go to their website at www.wccm.org **g**